



Support Resilience in Your School with FRIENDS for Life

This evidence-based training, endorsed by the World Health Organisation (WHO), is now available to all Northumberland schools. It helps pupils develop essential skills for managing stress, building confidence, and fostering emotional wellbeing.

Through fun, interactive activities, participants will learn practical strategies to:

- Strengthen coping skills
- Boost self-esteem
- Improve problem-solving
- Build positive relationships

The programme is suitable for teachers, teaching assistants, SENCOs, pastoral staff, and mental health leads who want to embed resilience-building approaches into their work with children.

Date: 15.01.27 or 07.05.27

Time: 9:00-4:00

Venue: Healthcare Academy, Cramlington Hospital

Sign up [HERE](#)

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